

DAY 9~~REGULAR DIET

*REGULAR PORTIONS

()

SMALL PORTIONS

()

LARGE PORTIONS

()

FRUITS AND JUICES

() *Apricot Nectar

() Orange Juice

() Tomato Juice

() Cranberry Juice

() Grape Juice

() Pineapple Juice

() Apple Juice

() Prune Juice

() Cranapple Juice

() V-8 Juice

CEREALS

() *Quaker Oats

() Corn Flakes

() Bran Flakes

() Shredded Wheat Minis

() Cheerios

() Oatmeal

() Cream of Wheat

() Wheaties

() ½ & ½

() Frosted Flakes

ENTREES

() *Cheese Omelette

() *Canadian Bacon

() Egg Beaters

() Cottage Cheese

() Peanut Butter

() Yogurt W/Fruit

BREAKFAST BREADS

() Buttered White Toast

() Buttered Whole Wheat Toast

() *Buttered Raisin Toast

() Toasted Bagel with Cream Cheese

() Toasted English Muffin

() Assorted Danish

BEVERAGES/CONDIMENTS

() *Coffee

() Hot Chocolate

() Decaf Coffee

() Creamer

() Hot Tea

() Non-Dairy Creamer

() Herbal Tea

() Lemon

() Whole Milk

() *Margarine

() *2% Milk

() Jelly

() Skim Milk

() Honey

() *Sugar (2)

() Syrup

() Mrs. Dash

() Sugar Substitute

() *Pepper

() *Salt

DAY 9~~REGULAR DIET

*REGULAR PORTIONS

()

SMALL PORTIONS

()

LARGE PORTIONS

()

APPETIZER/SALAD

() *Cranberry Juice Cocktail

() Tossed Salad

() Ranch Dressing

() French

() Thousand Island

() Italian Dressing

() Chicken W/White & Wild Rice Soup with Oyster Crackers

ENTREES / STARCH

() *Chicken Teriyaki

() Ham W/Lettuce & Tomato Sandwich

VEGETABLE / STARCH

() *Rice W/Mushrooms

() *Cantonese Blend

() Green Beans

BREADS

() *White Dinner Roll

() Whole Wheat Dinner Roll

() Wheat Bread

DESSERTS

() *Lemon Sherbet

() Vanilla Ice Cream cup

() Rainbow Sherbet

BEVERAGES / CONDIMENTS

() Coffee

() Decaf Coffee

() Hot Chocolate

() Ice Tea

() *Hot Tea

() Creamer

() Herbal Tea

() Non-Dairy Creamer

() Whole Milk

() Lemon

() *2% Milk

() *Margarine

() Skim Milk

() Jelly

() *Sugar (2)

() Honey

() Mrs. Dash

() Sugar Substitute

() *Pepper

() *Salt

DAY 9~~REGULAR DIET

*REGULAR PORTIONS

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SMALL PORTIONS

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LARGE PORTIONS

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APPETIZER /SALAD

() *Grated Carrot & Raisin Salad

() Tossed Salad

() Ranch Dressing

() French

() Thousand Island

() Italian Dressing

() Assorted Jell-O

() Cream of Mushroom Soup W/ Oyster Crackers

ENTREES / STARCH

() *Beef &Mushrooms over Mashed Potatoes

() Chicken Enchanadas

VEGETABLE

() *Sicilian Blend

() Broccoli Spears

BREADS

() *Buttermilk Biscuits W/Butter & Honey

() White Dinner Roll

() Whole Wheat Dinner Roll

() Wheat Bread

DESSERTS

() *Lemon Bar

() Vanilla Ice Cream Cup

() Cream D’ Menthe Sherbet

BEVERAGES / CONDIMENTS

() Coffee

() Decaf Coffee

() Hot Chocolate

() Ice Tea

() *Hot Tea

() Creamer

() Herbal Tea

() Non-Dairy Creamer

() Whole Milk

() Lemon

() *2% Milk

() *Margarine

() Skim Milk

() Jelly

() *Sugar (2)

() Honey

() Mrs. Dash

() Sugar Substitute

() *Pepper

() *Salt